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Nutri - Topics

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Consumer

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Vegetarian Nutrition

Books (in order by year)

An Apple a Day, Volume 2. Georgia Hodgkin (ed.). Loma Linda, CA: Women's Auxiliary, Loma Linda University. Revised 1991. 296 pp.

Quick Harvest. A Vegetarian's Guide to Microwave Cooking. Pat Baird. New York, NY: Prentice Hall Press. 1991. 272 pp.

"Vegan Nutrition." Reed Mangels. In: *Simply Vegan*. Debra Wasserman. Baltimore, MD: The Vegetarian Resource Group. 1991. pp. 131-204.

"Diabetes and a Vegetarian Diet." Virginia Messina; "28 Day Meal Plan." Ruth Ransom; "Vegetarian Athlete." Reed Mangels. In: *Vegetarian Journal Reports*. Debra Wasserman and Charles Stahler (eds.). Baltimore, MD: The Vegetarian Resource Group. 1990.

Dr. Dean Ornish's Program for Reversing Heart Disease. Dean Ornish. New York, NY: Random House, Inc. 1990. 631 pp.

Life's Simple Pleasures. Karen Mangum. Boise, ID: Pacific Press Publishing Association. 1990. 159 pp.

"Vegetarianism." Victor Herbert. In: *The Mount Sinai School of Medicine Complete Book of Nutrition*. Victor Herbert and Genell J. Subak-Sharpe (eds.). New York, NY: St. Martin's Press. 1990. pp. 415-427.

The Brilliant Bean. Sally and Martin Stone. New York, NY: Bantam Books. 1988. 288 pp.

The resources listed are judged to be available and to contain accurate and readable nutrition information. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture. *Nutri-Topics* replaces the FNIC *Pathfinder* series and is issued in three editions: Consumer, Educator, and Health Professional/Researcher.

The Complete Vegetarian Cuisine. Rose Elliot. New York, NY: Pantheon Books. 1988. 352 pp.

"Vegetarian Food for Baby." In: *No-Nonsense Nutrition for Your Baby's First Year*, 2nd ed. Annette Natow and Jo-Ann Heslin. New York, NY: Prentice Hall Press. 1988. pp. 181-192.

Meatless Meals for Working People. Debra Wasserman and Charles Stahler. Baltimore, MD: The Vegetarian Resource Group. 1986. 96 pp.

The New Laurel's Kitchen. Laurel Robertson, Carol Flinders, and Brian Ruppenthal. Berkeley, CA: Ten Speed Press. 1986. 511 pp.

Vegetarian Mother and Baby Book. Rose Elliot. New York, NY: Pantheon Books. 1986. 261 pp.

Booklets and Pamphlets (publications in order by year)

Vegetarian Diets. 1991. 2 pp. Available from National Center for Nutrition and Dietetics, 216 West Jackson Blvd., Suite 800, Chicago, IL 60606-6995. (312)899-4853.

So You Want to be a Vegetarian? 1990. 2 pp. Available from Vegetarian Education Network, P.O. Box 3347, West Chester, PA 19380. (215) 696-VNET.

Vegetarianism. 1989. 2 pp. Available from Penn State Nutrition Center, Ruth Building, 417 E. Calder Way, University Park, PA 16801-5663. (814) 865-6323.

Teddy Bears and Bean Sprouts. 1984. 24 pp. Available from Gerber Products Company, Fremont, MI. 1-800-4-GERBER.

Journal, and Magazine Articles (in order by year)

"Eating Green." Jackie Storm. *Women's Sports and Fitness*, 13(3):20-21. April 1991.

"What Vegetarians Don't Get." Corby Kummer. *Atlantic*, 106-112. June 1991.

"The Last Word on Protein." Carol Flinders. *Vegetarian Times*, (162):69-70. February 1991.

"Mommy, I'm, Hungry!" Judy Krizmanic. *Vegetarian Times*, (161):26-28,30-35. January 1990.

"Passing Go." Victoria Moran. *Vegetarian Times*, (161):36-39,42,44-47. January 1990.

“The I-Can’t-Believe-How-Much-I-Get-To-Eat Diet.” Suzanne Havala. *Vegetarian Times*, (140):18-22,24-25,84. April 1989.

“It’s Your Move.” Laura Hoemeke. *Vegetarian Times*, (130): 40-44,46. June 1988.

“The First Supper.” Victoria Moran. *Vegetarian Times*, (119): 12-14,16. July 1987.

Contacts for Assistance

Local Contacts (Listed in the telephone directory)

Ask for the:

College or University (Department of Home Economics, Nutrition, Dietetics, or Medicine)	Nutrition Educator
Affiliated Dietetic Association (state or regional chapter)	Dietitian
Health Department	Nutritionist
Hospital	Registered Dietitian
Nutrition Consultant	Registered Dietitian

National Contacts

American Dry Bean Board, 4502 Avenue I, Scottsbluff, NE 69361. National Center for Nutrition and Dietetics, The American Dietetic Association, 216 West Jackson Boulevard, Suite 800, Chicago, IL 60606-6995. (312) 899-4853.

Seventh-day Adventist Dietetic Association, P.O. Box 75, Loma Linda, CA 92354. (714) 824-4593.

The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203. (301) 366-8343.

Acknowledgements are made to the following consultants:

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- Suzanne Havala, R.D., Chairperson, Vegetarian Nutrition Dietetic Practice Group, The American Dietetic Association
- Johanna T. Dwyer, D.Sc., R.D., Professor, Department of Medicine, Nutrition, and Community Health, Tufts University. Director, Frances Stern Nutrition Center, New England Medical Center

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